



Peanut Butter Protein Balls

Description

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These peanut butter protein balls make a great healthy pick me up in the morning, afternoon and evening. My hairstylist Nancy, who I also consider a friend, shared this recipe for Peanut Butter Protein Balls with me. I look forward to seeing Nancy not only for a cut and color, but for the conversation. When you click with your hairstylist itâ€™s a great thing. They are like therapists and Nancy always has news to share whether itâ€™s recipes, tips, or great new books. Nancy and I have children the same age and have a lot in common. She also does a great job with my hair so itâ€™s a win/win situation for me.

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Nancy and her husband recently lost 85 pounds combined. They feel these peanut butter protein balls played a big part in helping them lose weight. They are a nice little sweet treat which leaves you feeling a little more satisfied. Nancy created this recipe by combining several recipes that she found on Pinterest. She likes to add a few handfuls of dark chocolate chips which gives them a touch of sweetness.

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I made these peanut butter protein balls, but didn't add the wheat germ instead I used two tablespoons of ground flaxseed. I also used gluten-free oats and soy protein powder, but you can use any type of protein powder. I love peanut butter so I thought they were delicious and so did my daughter. We liked them so much that I'm getting ready to make a second batch. As with any snack besides maybe vegetables, moderation is the key. I like to eat peanut butter by the spoonfuls, but I like that these balls have added protein. I'm always looking for ways to add more protein to my diet and my daughter could definitely use more too. I just have to be careful how many I eat, because it's hard for me to eat just one.

Peanut Butter Protein Balls

Author: Nancy Carolan

Ingredients

- 1 cup quick oats
- 4-6 scoops of vanilla protein powder
- 1 Tbsp of ground flax seed
- 1 Tbsp of wheat germ
- 1 cup creamy peanut butter
- 2 cups crunchy peanut butter
- 3/4 cup honey
- a couple of handfuls semi-sweet chocolate chips

Instructions

1. Mix ingredients in a bowl by hand or with a mixer.
2. Use a melon ball scoop to drop a round ball on parchment or wax paper lined cookie sheet.
3. Refrigerate for a few hours to firm them up.
4. Put in a container and store in the refrigerator.
5. Makes approximately 35 balls and approximately 110 calories per ball

Nancy also shared this recipe for [Meatball Bubble Biscuits](#) which is one of my most popular recipes.



Date Created

2015/03/13

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